

Prova 23 Femin., 400m Livres Absolutos
12/10/2024 - 18:06 Resultados

Recorde Regional Open	4:31.74	ANDRADE, Rubina Amaro	CDN	Braga	05/03/1994
Recorde Regional Sen	4:35.73	MARGARIDO, Ines Tomas	CNF	Funchal	09/07/2016
Recorde Regional Jun18	4:35.08	MELIM, Claudia Ramos	CDN	Funchal	06/07/2002
Recorde Regional Jun17	4:32.13	ANDRADE, Rubina Amaro	CDN	Felgueiras	13/07/1996
Recorde Regional Jun16	4:31.80	ANDRADE, Rubina Amaro	CDN	Funchal	14/07/1995
Recorde Regional Juv A	4:31.74	ANDRADE, Rubina Amaro	CDN	Braga	05/03/1994
Recorde Regional Juv B	4:35.00	ANDRADE, Rubina Amaro	CDN	Funchal	29/05/1993
Recorde Regional Inf A	4:37.30	ANDRADE, Rubina Amaro	CDN	Funchal	17/07/1992
Recorde Regional Inf B	4:56.70	ANDRADE, Rubina Amaro	CDN	Funchal	04/05/1991

ZONAL Inf. B Fem. Inf B: 5:35.00 / ZONAL Inf. A Fem. Inf A: 5:19.50 / ZONAL Juv. B Fem. Juv B: 5:07.37 /
ZONAL Juv. A Fem. Juv A: 4:59.94 / Infantil B Fem. Inf B: 5:19.41 / Infantil A Fem. Inf A: 5:08.41 / Juv. B Fem. Juv B: 4:53.50 /
Juv. A Fem. Juv A: 4:46.71 / J nior 1  Ano Fem. Jun16: 4:39.91 / J nior 2  e 3  Ano Fem. 17 - 18: 4:38.55 /
S nior 1  Fem. Sen19: 4:33.12 / S nior 2  Fem. 20 +: 4:31.76

Pontos: AQUA 2024

Lugar	Ano										Tempo final	Pts
Infantil A - 13 anos												
1.	QUINTAL, Margarida Silva				12	Juventude Atlantico					5:45.59	299
	50m:	40.70	40.70	150m:	2:08.86	44.50	250m:	3:37.62	45.03	350m:	5:05.12	43.33
	100m:	1:24.36	43.66	200m:	2:52.59	43.73	300m:	4:21.79	44.17	400m:	5:45.59	40.47
2.	GONCALVES, Maria Clara				12	Escola O Liceu					6:19.69	226
	50m:	43.41	43.41	150m:	2:23.69	50.96	250m:	4:01.50	49.55	350m:	5:37.73	47.75
	100m:	1:32.73	49.32	200m:	3:11.95	48.26	300m:	4:49.98	48.48	400m:	6:19.69	41.96
Juvenil B - 14 anos												
1.	VELOSA, Ana Matilde				11	Juventude Atlantico					5:15.05	395
	50m:	34.30	34.30	150m:	1:54.95	40.56	250m:	3:15.22	39.90	350m:	4:37.05	40.95
	100m:	1:14.39	40.09	200m:	2:35.32	40.37	300m:	3:56.10	40.88	400m:	5:15.05	38.00
2.	BAPTISTA, Valentina Hermida				11	Juventude Atlantico					5:35.94	326
	50m:	36.27	36.27	150m:	2:00.32	42.92	250m:	3:28.42	43.82	350m:	4:55.32	43.50
	100m:	1:17.40	41.13	200m:	2:44.60	44.28	300m:	4:11.82	43.40	400m:	5:35.94	40.62
3.	FREITAS, Sara Margarida				11	Juventude Atlantico					5:48.28	292
	50m:	37.82	37.82	150m:	2:05.19	44.51	250m:	3:36.54	46.27	350m:	5:07.50	43.75
	100m:	1:20.68	42.86	200m:	2:50.27	45.08	300m:	4:23.75	47.21	400m:	5:48.28	40.78
4.	SILVA, Ana Matilde				11	Desportivo Nacional					5:53.28	280
	50m:	40.77	40.77	150m:	2:09.39	44.75	250m:	3:40.17	45.81	350m:	5:10.60	45.03
	100m:	1:24.64	43.87	200m:	2:54.36	44.97	300m:	4:25.57	45.40	400m:	5:53.28	42.68
5.	SILVA, Matilde Fernandes				11	Desportivo Nacional					6:28.56	210
	50m:	42.78	42.78	150m:	2:20.61	49.88	250m:	4:01.65	50.57	350m:	5:40.99	49.53
	100m:	1:30.73	47.95	200m:	3:11.08	50.47	300m:	4:51.46	49.81	400m:	6:28.56	47.57
Juvenil A - 15 anos												
1.	FERREIRA, Ana Pereira				10	Juventude Atlantico					5:29.39	346
	50m:	38.47	38.47	150m:	2:03.30	42.58	250m:	3:28.66	42.56	350m:	4:51.33	40.72
	100m:	1:20.72	42.25	200m:	2:46.10	42.80	300m:	4:10.61	41.95	400m:	5:29.39	38.06
Juniorees - 16 a 18 anos												
1.	RODRIGUES, Laura Sofia				07	Juventude Atlantico					4:47.86	518
	50m:	32.13	32.13	150m:	1:42.67	35.93	250m:	2:56.34	37.22	350m:	4:11.29	37.62
	100m:	1:06.74	34.61	200m:	2:19.12	36.45	300m:	3:33.67	37.33	400m:	4:47.86	36.57
2.	MELIM, Sara Beatriz				09	Desportivo Nacional					5:10.08	415
	50m:	36.41	36.41	150m:	1:55.85	39.79	250m:	3:13.44	38.54	350m:	4:32.16	39.32
	100m:	1:16.06	39.65	200m:	2:34.90	39.05	300m:	3:52.84	39.40	400m:	5:10.08	37.92

Prova 23, Femin., 400m Livres, Juniores - 16 a 18 anos

Lugar	Ano								Tempo final	Pts		
3.	FERREIRA, Natacha Camacho								09	Juventude Atlantico	5:28.03	350
	50m:	37.49	37.49	150m:	2:01.18	42.31	250m:	3:25.01	41.49	350m:	4:48.83	41.66
	100m:	1:18.87	41.38	200m:	2:43.52	42.34	300m:	4:07.17	42.16	400m:	5:28.03	39.20